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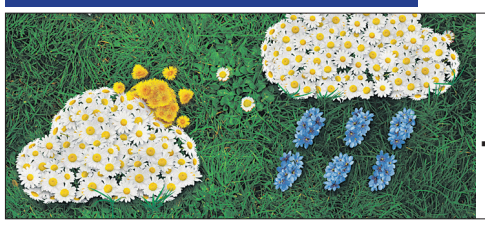

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First Responders Day
Read about the importance of first responders in Haliburton County on pages 2 and 3.

Wellness Corner with Learn about healthy aging in this week's editorial on page 6.

Minden Hills firefighter Michael Xerri helps Bryson Reid, age 4, use a fire hose during a demonstration to mark First Responders Day on Monday, May 1. /ADAM FRISK Special to *County Life*

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First Responders Day recognized throughout county

SUE TIFFIN
Special to *County Life*

They run toward danger rather than away from it, jump up from the dinner table on holiday weekends when there's a need for assistance and respond to traumatic events to help their friends and neighbours at their greatest time of need.

On May 1, First Responders Day, those who dedicate their lives to public service throughout the province were recognized for their commitment to protecting their community and keeping residents safe. On May 1, members of Haliburton County paramedic services, municipal fire departments and the Haliburton Highlands OPP invited the public to a Haliburton County Community Open House to learn more about the critical role both professional and volunteer emergency responders have in keeping our communities safe.

Steve Prins started off as a lifeguard, solidifying both his passion for helping others, and wanting to make a career of it. Someone suggested paramedicine to him as being a good fit, and Prins has now served as a primary care paramedic for more than a decade.

"I really appreciate how different every situation is, it's very dynamic and it's always changing," he said. "I really enjoyed that, and the training that comes along with it. Just at the end of the day, when someone is already not having a great day and you can be a part of making that day better, I enjoy that. I find satisfaction in that."

Prins said that living and serving in a rural community means oftentimes he's recognized by those in need when he shows up to help.

"I've really enjoyed serving my local community," he said. "A lot of the people, the calls around here, they're people that I know or that I'm familiar with at this point, which I think makes a big difference for them, too. When you're able to show up, and someone goes, 'Oh, thank goodness it's you,' - that's a big responsibility and it's not one to be taken lightly."

Members of the Haliburton Highlands OPP and Haliburton County Paramedic Services were in Dysart for First Responders Day. /Submitted

He notes the service is vital, and that his fellow paramedic colleagues are dedicated to their work.

"They hold things close to their hearts when it comes to serving their community," he said. "It's tough for them to sometimes separate that, but a lot of them work really hard at it, and I know they put 100 per cent effort into trying to make this a better service in our community."

Sarah Alexander is a provincial constable with the Haliburton Highlands OPP detachment.

"I choose to serve as a police officer because I wanted to be able to help the community I live in," she said of her interest in becoming a first responder.

Alexander manages the OPP auxiliary program out of the Minden office, supporting community members who volunteer to help support police officers at community events, RIDE initiatives, with traffic control and emergency and disaster response.

Two years in, Alexander said she enjoys the role, including the opportunity to interact with the public.

"The residents in the community are more than welcoming to officers and ensure that we feel valued," she said. "The County I both work and live in is beautiful and really makes me appreciate my career choice and where I serve."

Paisley Shannon has been a licensed paramedic for about four years now, two of those years have been serving in Haliburton County.

"I wanted a job that offered me a different day every day," she said. "I couldn't do a desk job. You never know what is going to happen each shift, you have high adrenaline pumping calls – I like the fact that I'm there to help people on their worst days, I like being there for someone regardless of what they are calling for and just bringing a smile or reassurance to someone or their family members."

Blaeklynn Reynolds, age 5, tries on some gear at the Dysart et al firehall during First Responders Day.

Shannon also works often with the Community Paramedicine program.

"It allows people in the community to stay at home and have a medical professional come to them and do an assessment and answer any questions. The program helps decrease the 911 calls and decrease the need for people to go and see their doctor. We are also advancing our scope of skills and we will soon be able to do urine analysis and point-of-care testing, along with being able to give antibiotics for clients."

Shannon said being a first responder in Haliburton County is unique.

"It offers the luxury of working a slower service so you are not doing 10 to 12 calls a day," she said. "With a slower service, it allows people to start and retire in the same service - the burnout rate is very low. It's a smaller service which allows the medics to be closer, and it feels like a family here."

She noted the increase in population size during the summer months increases call volume, and the rural "cottage country" experience means first responders see calls that more urban paramedics might not – including

see page 3

County Life

The following inserts are being distributed with County Life this week:

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Members of the Highlands East Fire Department stop for a photo on First Responders Day. /Submitted

from page 2

snowmobile and ATV accidents.

"We also have unique calls that allow medics to think outside of the box," she said. "We have calls that occur on islands, and we are needed to be boated to the scene and work together as a team to treat and extricate patients. We have a lot of forest and trails, so extricating patients can be challenging and requires us to work alongside fire and Ornge quite a bit, which is a unique and fun experience."

Phil Dulong joined Algonquin Highlands Fire Services last year, but had always wanted to help. After retiring from his full-time teaching career, he knew he had the time to participate.

"The hardest part was to get them to stop calling me Mr. Dulong, they even put the label on my locker," he laughed, explaining he was working alongside former students.

While he noted he's not a "spring chicken," and was the oldest recruit in the program, he appreciates the different roles available.

"I'll take whatever role, whatever I can do to help – I don't have to be in front," he said. He said younger colleagues are often "just itching to get in there," and also acknowledged the work of firefighters older than him taking on a secondary role.

"I've really come to appreciate them backing up the team that goes out first," he said. "They look out for what you need, and it's really nice to have them backing up – I'll be one of them in a few years."

Dulong said the support he's received from all of his colleagues has been exceptional, especially when victims have not survived despite all efforts.

"Everyone really looked out for me, they were all calling me," he said, of the team's care. "They're such a nice bunch of people. They really look out for you there."

He encouraged others to get involved, noting how rewarding his time serving the community has been.

"No one's in it for the money or the glory, everyone is there to help others," he said. "I just love being in that environment."

The First Responders Day event will provide an opportunity for residents to have face-to-face time with first responders, and also learn about programs and services available or in place throughout the community, including the Mobile Crisis Intervention Team – a specialized crisis service offered through CMHA-HKPR that provides access to mental health support for police calls to service, the Community Paramedicine program offered through Haliburton County Paramedic Services and burning permit programs available through local fire departments.

The month of May also marks National Physicians' Day, National Nurses Week, National Police Week and Emergency Preparedness Week. This year, Emergency Preparedness Week is May 7 to 13.

First Responders remind the public to prepare for potential emergencies, which in Haliburton County most frequently include windstorms, snowstorms, infectious disease outbreaks, communication system failures, electrical energy failures, floods and extreme cold.

Residents exploring nature and outdoor opportunities in the area should ensure their cellphone is fully charged prior to leaving the house, and download the What3Words app to help first responders pinpoint their location if in need of help.

Canadians are encouraged to have a minimum of 72 hours of personal preparedness supplies in the event of an emergency in your area.

"Being adequately prepared will give you piece of mind that you are able to support yourself, your loved ones and your pets," said Katie Gibbs of Emergency Management Ontario. "Become familiar with the hazards which may impact where you live, and consider supplies to be able to remain in your home without such things as power for an extended duration. Also consider a bag that has some basic personal supplies and key items such as photocopies of identification, extra prescriptions and emergency contact numbers should you be required to leave your home quickly because of an emergency."

To learn more about emergency preparedness in your community, visit https://www.haliburtoncounty.ca/en/living-here/emergency-preparation.aspx or ask a first responder for more details at the Haliburton County Community Open House on First Responders Day.

Sue Tiffin is the Community Safety and Well-Being coordinator for the County of Haliburton.

Head Lake Park
Who are we and what is our mission?
The Head Lake Park Fundraising Committee was formed to help develop a solution that meets our community's needs. The committee is comprised of community members who have come together with a common desire to take meaningful action toward the Master Plan for Head Lake Park and to work together to make it a safe and enjoyable place for everyone in the community.
Our vision is simple: To curate a destination playground that is inclusive and accessible.
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Playgrounds are a vital aspect of healthy development both for children, the community, and the local economy. The impacts are vast, and we must do what we can to ensure that it thrives.
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The ol' razzle dazzle

The Incredible Adventures of Mary Jane Mosquito performed at the Northern Lights Performing Arts Pavilion Theatre in Haliburton on Sunday, April 30 as part of Razzamataz Kids' Shows! Families enjoyed the 45-minute performance which told the tale of how an "outsider" who had to deal with bullying while moving to a new place and feeling like an "outsider." /ADAM FRISK Special to *County Life*

HALIBURTON Home & COTTAGE SHOW

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Visit us on:

Shane O'Regan, pianist, takes questions following The Incredible Adventures of Mary Jane Mosquito showing on Sunday, April 30.

A flu bug named Ralph, don'tcha know

Maybelle's **Fireside stories**

WHY, IF 'ol Maybelle wasn't hit like a freight train by a flu bug named Ralph. Yes, I named it. I needed to confront it head on. I never did care for uninvited guests and Ralph was the worst. Not only did he invade my life for a whole week, he was a cross between a mean girl and the proverbial body snatcher, don'tcha know!

Now, maybe I've been watching too many TV series about AI (Artificial Intelligence), and hearing about it all over the news, but I could swear Ralph was a part of it. I mean, he traveled on cue to different parts of my body like a secret agent on a strategically timed mission and an unrelenting intention to do damage.

Now, you listen to me, Ralph! And listen hard, I said. You started in my sinuses. For days you gave me so much grief I was forced to admit that my natural products just weren't doing the trick. Then, after three days of that, you travelled to my back ribs and lower back and made sure there was no way I could get comfortable lying down, sitting, dreaming of lying down and sitting…

Again, I had to reach for an over-the-counter med to help. And, *then*, as if that wasn't enough, Ralph, you maliciously timed it so that I would sneeze my way for two days through a whole box of Kleenex.

Were you finished yet?

No. Then, you made my throat catch fire. After all that, you had the audacity to kick 'ol Maybelle in the throat!? Did I have popsicles in the freezer in April? Nooooooooooo. Would that help soothe the pain? Yesssssssssssss. So I bundled up, got into 'ol Brewster, my truck, put on a face mask and headed to Mervin and Clarisse's Grab 'n Go in downtown lake WhaddayathinkImean for sugar-free frozen lemonade bars.

Then, Ralph, you just left. You did what you came to do and then you flew the coop and left 'ol Maybelle crawling on one burner as you cybered your way out of my body to … to … ?

Now, dear Reader, I wish I could offer up a great punchline to this story, or at least a remedy. I do think the best we can do during this new age of viruses and question marks is try to keep our immune system as strong as possible.

What does that mean?

Stay away from sugar. That's a culprit at the best of times. Get lots of sleep. Stay hydrated. Get outside in the fresh air. Practice "gratitude." Keep in touch with friends and family.

I hope you never meet Ralph. Like many politicians these days, he has no empathy for humans and lives to create the waving of white flags. But if you do meet up with him, know this. His bite is bigger than his bark. He will leave … and when he does, kick him in the pants for me.

Cheers! … Maybelle.

Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories is now available at www.amazon.com.

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Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

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Healthy aging

SPRING IS here. The sun is starting to warm up the frozen ground and the birds can be heard singing sighs of relief. There is a feeling of warmth in the breeze which revives our hibernating spirits. Spring is often a time of new beginnings, a fresh start, maybe even stirs the feeling of wanting to try something new. This time of year often encourages and motivates us to get outside and be more active.

KASSIE BRADLEY
Wellness Corner wih Kassie

The Haliburton Highlands are a hidden gem. Full of hiking and biking trails, lakes and rivers. We are lucky to be surrounded by green space, which in itself provides many health benefits. When you live here it's easy to take our natural surroundings for granted. To be able to walk out the front door and take a deep breath of clean Northern air is a gift. And to be outside enjoying it is one of the best things you can do for yourself to promote healthy aging.

You are never too old to try something new or start taking better care of yourself. Physical exercise is one of the most important things you can do for your health. It can be challenging to know where to start of course, as floods of trendy workouts overpower our social feeds. One of the best, easiest, and cheapest ways to introduce physical activity is simply by going outside for a walk.

Maybe the thought of pounding pavement through your joints makes you cringe, but it's actually the opposite. Walking improves range of motion and mobility because of increased blood flow to tense areas and it helps to strengthen the muscles surrounding the joints. When cartilage is lost in our joints, we get bone on bone friction which of course can lead to pain. But what's left to support that joint? The muscles. Think of the muscles around your knees like the guy-wires on a ship, basically a tensioned cable designed to add stability to a free standing structure. If those cables are loose, the structure won't work properly. The muscles surrounding your joints are extremely important to keep the joint itself strong.

Walking is a safe, inexpensive physical activity for those of all fitness levels. Walking increases cardiovascular fitness, strengthens our bones, reduces excess body fat, and boosts muscle power and endurance. Our calf muscles act as a venous pump, contracting and pumping blood from the feet and legs back to the heart which reduces the load on the heart. This boost of healthy blood flow can help to reduce blood clots and improve circulation.

There are also various benefits of being outdoors. Cortisol levels (our stress hormone) are reduced significantly when being outside as it helps our bodies relax and decreases muscle tension and heart rate. It also releases endorphins which is our feel good hormone. This reduces feelings of sadness, anger, fear, and can improve self-esteem. All of these benefits can help to reduce the risk of cardiovascular disease.

Start walking for 15 minutes, three days a week. Pay attention to posture, and make sure you are wearing a comfortable shoe. Start at an easy relaxed pace and pay attention to your body. Does anything hurt when you walk? How do you feel? The next week, try to increase the time and pace. Walk for 20 minutes, four days a week. The next week, try doing it for the same time, but ramping up your pace a bit. If all feels good, move on to 30 minutes, five days a week at a pace that gets your heart rate up. Drink plenty of water. And as always, consult with your physician before starting any exercise program.

As you continue to walk, you may notice your pants getting looser. Not only does it burn calories, 200 to be exact for a 30 minute walk, and help you reduce weight but it also improves your body's response to insulin. Insulin is the hormone that controls blood sugar levels. If it's raining outside you can head over to the indoor walking track at the Minden Arena. It goes around the gymnasium below so you can watch activities from above to keep yourself entertained.

Let's look at some interesting facts from the Harvard School of Public health;

- Post menopausal women who walk just one to two miles a day can lower their blood pressure by nearly 11 points in 24 weeks
- Women who walk 30 minutes a day can reduce their risk of stroke by 20 per cent and by 40 per cent when they stepped up the pace
- A study found that post menopausal women who walk 30 minutes each day reduce the risk of hip fractures bye 40 per cent

I know it's tempting to grab that glass of wine after dinner and some chocolate, but going for a walk is a zero calorie strategy to implement. Staying active is one of the main ways to prevent common health concerns that come with age and can help to maintain the independence needed to stay self sufficient.

Top 10 things to look forward to in my new home office

RECENTLY, I decided to move my home office from the main level to the basement. (And, when I say, I, I mean Jenn.) Moving from the old office was a little sad for me. I had some of my best mid-day naps there.

STEVE GALEA
Humour Columnist

But I firmly believe that every cloud has a silver lining. With that in mind, here are the top 10 things I am looking forward to in my new basement home office.

1. Track pant Tuesdays.
2. Executive washroom, so long as the cats don't mind me using their litter box.
3. No shirt. No shoes. No problem.
4. No one ever comes down here.
5. Feels like a Dungeons and Dragons game could break out any moment.
6. Finally get to bounce ideas off a taxidermied deer head.
7. Always employee of the month.
8. Two days without a workplace incident.
9. Poorly attended pizza parties.
10. Longer commute allows me to unwind.

That Lightfoot feeling

Happens to me all the time
Since I was seventeen
Noticed then his special chords
And pick-style unforeseen
Troubadour who killed me
Like a painter using songs
Now as I near ancient age
I see my heart belongs
To the thoughts which tell a tale
Of shipwrecks, willows, rain
Souls who are still haunted
Since a lover left them pain
Feeling like a robin
Who has lost her babes to flight
Reading sweetheart's letter
On a lamplit winter's night
Being someone's hero
On the summer side of life
His name sweetly mentioned
By a loyal friend or wife
Cold upon the shoulder
When direction tries to drift
Lyrics streaming softly
On a moonlit midnight shift
Being bound for Prairies
On a coast-to-coast rail line
Riding carefree highways
Under sundown ribbon fine
Could write verse forever
Making fuss of every tune
But I'll trust his genius
Within that Lightfoot moon

Deborah J Reed

Writing on the Senior Side

Ignite your blue mind

GAIL STELTER

Special to *County Life*

Well-used and old. No, not me, not you. You and I are just perfectly old! I am talking about our pontoon boat, or as my son referred to it when it was first purchased, "the old peoples' boat."

He changed his mind when it became the perfect floating playpen for his four children under the age of four and also the family cruise ship for summer adventures. It was, indeed, well-used and old.

You would know this to be true if you saw the duct tape on the seats, the rips in the canopy and the portable battery charger that accompanied all trips. It's definitely time for a new one. We were discussing this with two of our grandchildren: the two who spend the most time on the boat with us. They were not so sure about this decision. Actually, they were against it. They have memories, so many memories. They remember it was a part of our everyday summer happenings all those years when we took care of them.

"We love this boat. Don't get a new one." Our 13-year-old granddaughter is adamant.

Our 10-year-old grandson asks, "Grampa, how old is the boat?"

Grampa replies, "13 years at least."

"13 years of memories, and I missed three of them."

Oh my, how do you respond to that? We smile and are somewhat in awe of this thinking. We tell them about the prospective new boat. They still have serious issues. The new boat won't be blue and white. It doesn't have a high back perch to jump off. It won't be the same. I counter by saying that yes, it will be different, but you will like the picnic area: two tables. It will be bigger, with more seating and a better motor.

Another day. "Let's go to the boat." Grampa leads the way. He goes to the new boat. The kids and I follow. "Look," says Grampa, "They messed up. Another boat is in our slip. Oh well, let's take a look at it. Maybe we can go for a ride."

"Grampa, what are you doing? That's not our boat! You can't take the cover off!"

They know Grampa would never do such a thing, and it is only a few seconds later when they shout, "You got the new boat! Wow, it's really great!"

The kids are happy. New memories are being made. I wonder if our grandson is excited to know that he won't miss any years of memories on the new pontoon boat!

The "new" boat is now three years old. The email arrives. When would we like the marina staff to put our boat back in our slip? I respond, "Early May, hopefully before the May long weekend."

Another email from the marina. It will be in long before that. Great service! The boat is in the water on this cool rainy day. It might be a few days before we venture out for the 2023 inaugural boat ride. Bring on boating season! Bring on the boating party!

It's a blue health party. Blue health is interacting with bodies of water, and research shows that people who are on or near water are less likely to report depression and anxiety symptoms than people who stay inland. In addition, a Canadian study showed that people living closer to the water lowered their risk of mortality by as much as 17 per cent. It is worth the effort.

Calling all seniors to ignite their blue minds!

If we think of the red mind as a state where we feel edgy and fearful, then the blue mind is an anecdote to the red mind that is defined as a mildly meditative state characterized by calm, peacefulness, unity and a sense of general happiness associated with water. I must admit the phrase mildly meditative state strikes me as humorous. The next time someone asks me how my day on the lake went, I am going to reply that I enjoyed my mildly meditative state. I enjoyed my blue mind. Oh, I do hope someone asks me this!

If you would like to investigate further you may wish to read Blue Mind, a book written by marine biologist, Dr. Wallace J. Nichols. He says that blue mind is when we disconnect and log out. I like that, too. If you ask me how my day on the lake went, I will tell you I used my blue mind to log out and enjoyed my mildly meditative state. Oh, I do hope someone asks me this!

Boating is especially beneficial for those of us living on the senior side. Morada, a senior online magazine, outlines six reasons why this is true: vitamin D and fresh air; being off the grid; quality time; staying active; connecting with nature; and, pursuing interests. Not quite as powerful as that 17 per cent lowering of our risk of mortality but it is reassuring.

see page 8

Haliburton Highlands Land Trust

protecting the land we love for future generations

The Haliburton Highlands Land Trust invites you to join us at our Annual General Meeting!

The meeting will be held using Zoom on **Monday, June 19th, 2023 @ 7:00pm**.

You must register at haliburtonlandtrust.ca to receive login information and meeting details.

Members in good standing 30 days prior may vote. To renew your membership, become a member, or register, visit our website.

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Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

A Red-winged blackbird perches on a branch. /Photo by Jill Moulton

Pine trees reflect in calm water. /Submitted by Tammy Nash

Improve your health, spend time by water

from page 7

Perhaps some of you are saying that you don't have a boat. Do you have something that will float and hold you up? So, how about a paddle boat or what we call a "floaties" (raft, mats, blow-up mattress)? Perhaps you can borrow or rent a kayak or canoe? Perhaps you are correctly saying no, for a variety of very good reasons, that won't work and that you don't live on or near a lake.

Explore our Lakes: Municipality of Dysart et al has an amazing magazine available online. The other municipalities in Haliburton County have similar information about their lakes. It's out there. Everything you need to get yourself out to a lake or river, or municipal dock.

Did you know that there are over 500 lakes in the Haliburton Highlands? Perhaps you can begin by sitting on the dock or on the grass near one of them. Perhaps you are like me and you ponder that while sitting on the grass might be nice, it won't work if you can get up again. I still haven't tested my titanium knees to see if I can do this. Perhaps I should, or maybe I'll just wait until I fall down and see if they work. Probably not the best plan. Bringing a lawn chair is better.

There are those days; those living on the senior side days, when everything seems like too much trouble. Our inner critic can be unceasing in his or her demand for us to just live the status quo. When this happens, we do well to remember that we are responsible for our good choices, and even little steps are a great beginning. You can join the blue health party. You are bound to enjoy our Highland lakes and rivers and ponds.

You are bound to improve the quality of your life. You are bound to enjoy your mildly meditative state! Ignite your blue mind!

Graphic Design & Creative Services

Become a Preferred Vendor

The **Ministry of Public and Business Service Delivery** seeks proposals from highly-qualified, experienced vendors to provide graphic design and creative services to Ontario government ministries and agencies.

Candidates who qualify as Preferred Vendors will have the opportunity to work with government to design communications that inform Ontarians through print and digital communication vehicles (e.g., publications, collateral, animations, videos, websites, social media, branding, visual identity, etc.). Only Preferred Vendors will be invited to compete for graphic design and creative services projects when they become available.

To apply, go to www.ontario.ca/tenders, select Current Opportunities, click on Project Info filter, enter tender_18066

Ontario

Community Events

Send your event listing to classifieds@haliburtonpress.com

First Annual Apple Blossom Tour

When: A map will be created after data collection, for tours to be taken at your leisure
Where: Multiple locations across Haliburton County
Apple tree owners, would you like to participate in the first annual Haliburton County apple blossom tour? Apple Tree Identification Project (ATIP) inspired by U-Links, is collecting information on Haliburton County apple orchards, old and new, species and locations. If you have apple trees on your property and would like to be included on the location tour map, ask questions, or just provide information or photos please contact appletreeshaliburton@gmail.com.

Jr NBA

When: April 11 to May 31
Where: Archie Stouffer Elementary and Haliburton High
Local volunteers and Basketball Canada have teamed up to bring a curriculum-based youth basketball program to the county! Visit www.haliburtonbasketball.com for information.

Artist Call for Vendors: Kash Art on the Water

When: Deadline is May 31
Where: www.lko.ca
The Lake Kashagawigamog Organization is welcoming fine artisans/makers to join our 3rd Annual Kash Art on the Water event. Complete the Artist Registration Form using the link provided below. Deadline to register to be included in print promotions is May 31. Beyond this date, exhibitors will be included in online promotions only. Registration is $50 per artisan and can be made directly at www.lko.ca or by contacting Lesley Sims – Cell: 416-566-9464

Mother's Day Food Bank Fill-Up

When:Saturday May 13, 8 a.m. to 2 p.m.
Where: Haliburton and Wilberforce Foodlands
The Haliburton & District Lions Club will be collecting food bank donations at the Haliburton and Wilberforce Foodland locations. All donations will be distributed to the 4Cs and Wilberforce foodbanks. For more information visit haliburtonlions.com.

Walk for Dog Guides Fundraiser

When:Saturday May 20th, 8am - 1pm
Where: Haliburton PetValu
Come join the Haliburton & District Lions Club for their walk for dog guides fundraiser. Check out the yard sale, as well as a selection of plants, books and baked goods. Remember to bring your pop tabs for puppies! Registration at 11:30 a.m., walk begins at noon. For pledge forms or for more information visit PetValu Haliburton, call 705-448-1128 or visit haliburtonlions.com.

B&B Blues Band; Rockin' Blues

When: Saturday, May 20, doors open at 6 p.m., show at 7 p.m.
Where: Haliburton Legion, Main Hall
Come join us for fun and music by the B&B Blues Band! Tickets are $20per person and can be purchased at the Legion. Call 705-457-2571 or drop in. For more information visit bbbluesband.com or haliburtonlegion.com

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HUNTER CREEK ESTATES $229,000

Enjoy this retirement living community and all its services - 1000 sq. ft. 2 bedroom home - cozy kitchen and living area - 4 pc. bath - rear enclosed porch - very well maintained home - building and septic inspection available to inspect

Ted Vasey
Sales Representative
705-455-2034
ted@tedvasey.ca

IN TOWN HOME $739,000

- 1.4 Acre Private Lot
- Bright, Spacious 3 Bedroom, 2 Bath
- Finished Lower Level
- Double Detached Heated Garage
- Environmentally Friendly Wood Heating System

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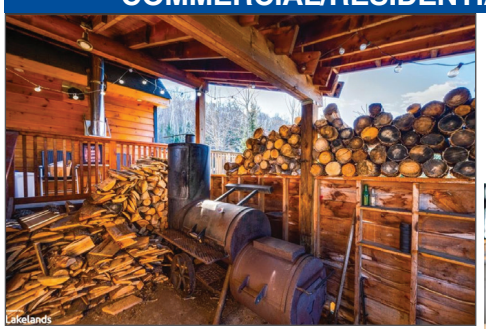
Broker 705-754-5280
Jacquie Barry
Realtor® 705-457-0652
www.kenbarry.com
"Out Standing In Our Field"

COMMERCIAL/RESIDENTIAL ZONING $559,900



This fantastic corner property is commercial/residential zoning that offers prime visibility for maximum exposure. Work, live and play under the same roof.

Cheryl Bolger
Sales Representative
705-306-9450
cheryl@haliburtongoldgroup.com
GOLD GROUP

SOUTH LAKE COTTAGE $539,000

The perfect year-round cottage without waterfront prices! This adorable cottage sits across the road from South Lake. Cottage has shared deeded access within a quick 2-minute walk and a place to dock your boat. The cottage is bright, full of light, and has loads of potential. Skylights add to the brightness of the cottage and the large screened porch provides additional living space.

Terry Carr & Drew Staniforth
Sales Representatives
705-935-1011
MovingTheHighlands.com

ASKING $379,900

- Located on Sharon Lake 11 km north of Minden
- Small motorless Lake
- 55' Level lot with shallow entry beach
- 905 sqft chalet style cottage in poor condition, so consider it a full gut or tear down.

Vince Duchene
Broker
705-457-0046
www.vinceduchene.ca

WILBERFORCE $459,000

- Commercial; Self Storage
- 485 ft on the Burnt River
- 30 Units, various sizes/prices
- In town, high traffic area
- 4.1 acs of level land; yr-rnd rd
- Has sand point well & hydro

Rick Forget
Broker
705-457-0580
haliburtonhighlands-remax.ca

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Deb Lambe
Sales Representative
705-854-0103
debra.lambe@gmail.com
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GOLD GROUP

BUILDING AND BUSINESS FOR SALE

- 42 seat Restaurant with Full Commercial Kitchen
- Oversized lot for outdoor business expansion
- Four Bedroom Apartment for Rental Income
- Well Established Business; Owner is ready to Retire

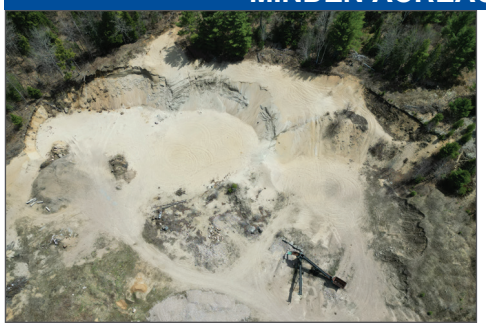
Lynda Litwin
Sales Representative
705-457-8511
lynda@lyndalitwin.ca

FAMILY HOME $595,000

3.7 acres with just over 350' of frontage on a creek, with a deep swiming area. Great outbuildings.The 2 storey farmhouse includes 3 bedrooms and a 4 piece bathroom. Shingles were replaced in 2014, the propane furnace is a few years old, new flooring installed this year.

Kelly Mercer
Broker
705-455-7500
kelly@kelly-mercer.ca

MINDEN ACREAGE $975,000



Class B licensed pit and quarry. Total acreage 88.46 acres with 66.22 acres extractable. Mixture of flagstone, sand, gravel and granite. The pit can be closed, which gives great potential for development. Over 3300' of frontage on a Township road.

Lisa Mercer
Broker
705-457-0364
www.lisamercer.ca

HALIBURTON
191 Highland St., Suite 201
705-457-1011

MINDEN
12621 Highway 35 Unit 1
705-286-2911

WILBERFORCE
2260 Loop Road
705-448-2222

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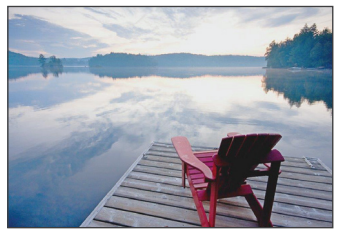
www.professionalsnorth.com
listings@remaxprofessionals.ca

Jim Allder*
705-935-1112

Properties Wanted!

- Call me today to book a no obligation property evaluation
- I have buyers waiting...



Andy Campbell
854-0292

Shared Living Opportunity

- Create a co-living experience
- Create a beautiful property
- Develop the organizational structure

Gloria Carnochan* & Breann Budel*
754-1932

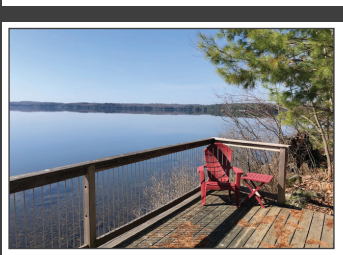
One of the Last Lots Kennisis Lk

- 196ft Frontage, 2.3 Acres, Well Treed, Sunrises
- Deep Water Entry, Clean Clear Pristine Waters
- Excellent Fishing & Boating on 2 Lk Chain
- Area of Haliburton Forest & Sir Sam's Ski Hill

Mark Dennys*
457-0473

Beautiful Family Home $799,900

- Approx 2807 Sq Ft, 233 Ft Rd Frtg, 1.3 Acres
- Great Room, 3 Bdm, 3 Bath, Main Flr Laundry
- Rec Room with Wet Bar, Wrap-Around Deck
- Attached 3 Car Garage, Level Lot, Privacy



Tom Ecclestone*
286-2138 x 226

Building Lot On Boshkung Lk

- 180+ ft of big lake views with southwest exposure
- Ideal building lot with direct access off hwy 35
- Miles of boating, great fishing, outstanding restaurants

Lindsay Elder**
457-5878

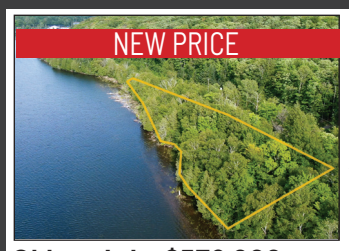
Listings Wanted!

- If you're thinking of selling...CALL ME!
- Strike while the market is hot!

Melanie Hevesi**
854-1000

Johnson Bay Rd

- 109 acres of unspoiled Haliburton landscape
- Overlooks Percy Lake, 4100ft of Municipal Road Frtg
- Approximately 30 minutes to Haliburton



Andrew Hodgson**
286-2138 x 229

Oblong Lake $579,000

- 0.9-acre parcel with north-western exposure
- Over 700 feet of clean, sand & rock frontage
- Driveway installed, building site partially clear
- 2-lake chain with premium Haliburton Lake

Susanne James*
& Andy Mosher**
457-2128 x 133

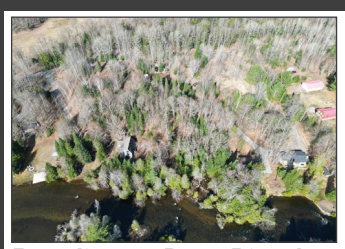
Overlooking Paradise Lake!

- Newer Maple Leaf Home on 1.45 acres,
- 2 bedrooms and 2 full baths.
- New septic and drilled well.
- Only 5 minutes to Haliburton Village

Ashley McKeigue
705- 854-1833

Haliburton Lake $1,199,900

- 3 Beds / 2 Baths, 1300+ sqft
- Southeastern Exposure, 100' of Frtg
- Large Bunkie w/ Infrared Sauna
- 20 Mins to Haliburton, 10 Mins to Fort Irwin



Brandon Nimigon***
457-2128 x 127

Paradise on Drag River!

- $274,900, Very Private & Peaceful
- 1.05 Acre Lot Fronting on Desirable Drag River
- Campfire Area, Outhouse, Installed Driveway
- Year Round Private Road Property

Karen Nimigon**
457-6505

Minden Home $459,000

- 3 Beds / 2 Baths, 1000+ Sq ft
- Convenient Location, Double Car Garage
- Charming Bunkie, Private Yard w/ Gazebo
- Close to Town For Shopping & Amenities

Kelly Kay*
705-457-6841
Kirsten Rae*
705-854-1454

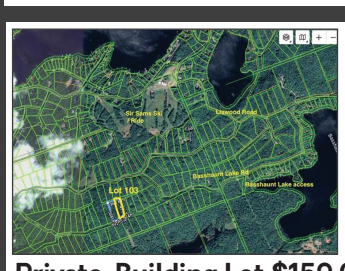
Soyers Lake $1,700,000

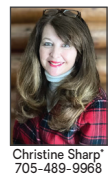
- 3 Beds/2 Baths, 1800+ Sq Ft, 149' of Frtg
- Sunny Southern Views, Spacious Rec Room
- Recently Upgraded Kitchen, Woodstove
- 10 Mins to Haliburton & Minden

Darlene Reil*
447-2055

Thinking About Selling?

- This is the time to think about listing
- Listings Needed!
- Call today for more information

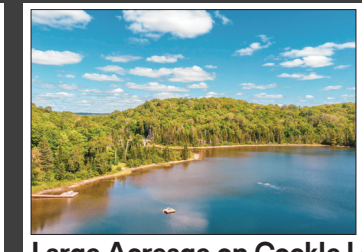




Christine Sharp*
705-489-9968

Private, Building Lot $159,000

- 2 Acre Forested Lot
- Beautiful Mixture of Pine & Maple Trees
- Public Access to Basshaunt Lake Close By
- Few Mins From All Amenities of Eagle Lake



Greg Stamp*
457-2128 x 128

Large Acreage on Cockle Lake!

- 131 Acres, 3000+ft of Water Frontage
- Hydro Available at the Lot Line
- Year-Round Township Maintained Road
- 20 Mins to Haliburton Village

Melanie Vigrass*
286-2138 x 232

Bethel Road $549,000

- Incredible 194-acre parcel just mins from Minden
- Long gated driveway to private, cleared site
- Large frontage on picturesque Walker's Pond
- Trails throughout to explore, teaming with wildlife

Lindsay Wilkinson*
286-2138 x 223

Canning Lake $2,950,000

- Executive Waterfront Home or Cottage
- 400' waterfront with over 2 acres
- Double Garage, Guest Cottage, Wet slip Boathouse
- 4 bedroom, 3 baths, 3000+ sq ft.

**The Spring market is in bloom.
Whether buying or selling,
it's a great time to move.
Call us today!**

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Haliburton 705-457-2128 | Minden 705-286-2138 | Carnarvon 705-489-9968 | Kennisis/Redstone 705-754-1932

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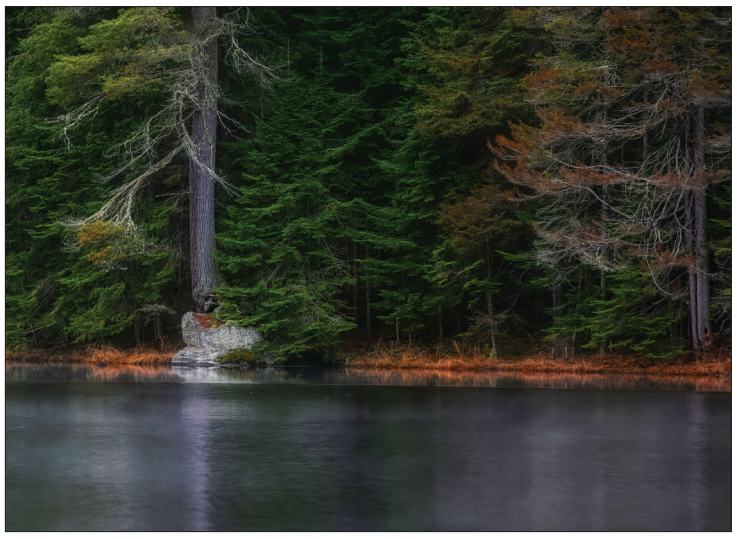
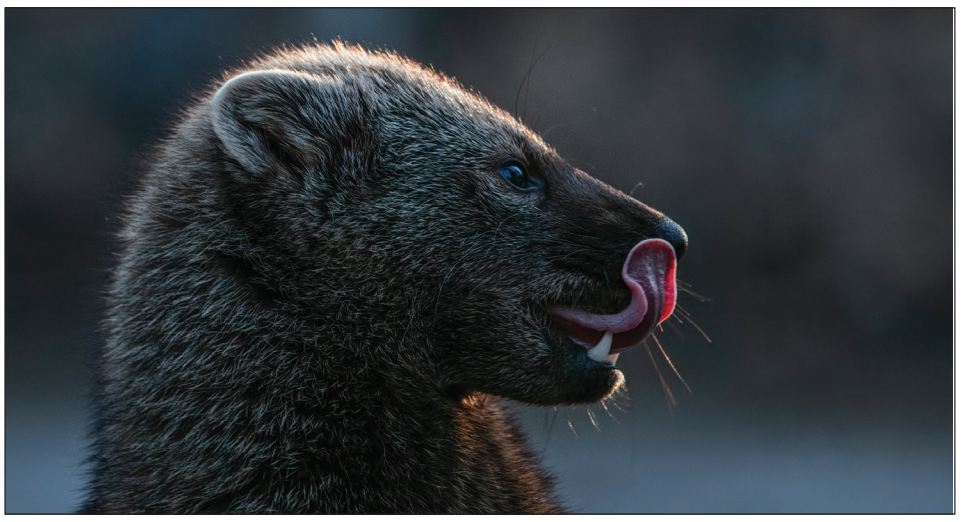
Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.



Fog rises from a lake in Algonquin Highlands on a rainy day. /Submitted by Tammy Nash



A fisher licks its lips. /Submitted by Tammy Nash

A pair of Eastern painted turtles climb out of the water. /Submitted by Jill Moulton

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

May 11: Open 2 to 6 p.m. HHHS Social Rec 10 a.m. to 1 p.m.
May 12: Open 2pm Diners Club noon. $15/person Call Denise. Butler 705-448-8865 to book. Fish & Chips, Chicken fingers & fries 5 to 8 p.m.
May 13: 2 to 6 p.m. Meat draw 3 p.m.
May 14: LA Breakfast
May 15-16: Closed
May 17: Open 2 to 6 p.m. Darts 2 p.m.
Upcoming events
May 20: Lou Moody Rainbow Trout fish derby. Tickets $20/fish. Register by May 19 at the legion only.
June 23-25: Save the date 50th Anniversary for Branch 624

Everyone welcome!

If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.

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VISIT OUR 1000 SQ FT SHOWROOM
dedicated to all types of flooring and carpet available by 10 different suppliers which gives you an amazing selection to choose from all at great pricing!

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Deadline Thursday at Noon.

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200 FOR SALE

Pure Bred Papillon puppies. Home raised, dewormed, vet checked, playful small breed, excellent temperament. James **613-332-2418**. No call display leave number.

Pride Legend Scooter – New Batteries - Asking $600 obo - Call Today **1-800-954-9998 or 705-741-6097**

210 FIREWOOD FOR SALE

CUT SPLIT & DELIVERED seasoned firewood. 90% maple/all hardwood. Very clean wood. Dry also available. **CALL AND INQUIRE: 705-930-7198**

220 YARD/GARAGE SALES

Multi Family Yard Sale - Sat. May 13 (8am - 3pm) and Sun. May 14 (8am - 1pm) 1297 Hunter Creek Rd (South of Minden off Hwy 35), household items, cabinet doors, countertop, sink, toys, clothes, hot tub supplies, DVD player, Keurig, Jeep mats, Mirror 30 x 60

280 WANTED

SCRAP CARS, TRUCKS & MACHINERY REMOVED
$$ CASH $$ PAID. Free Pick up.
Call Today 705-340-2094

310 SHARED ACCOMMODATION

Top level of house available to rent in Minden. Single working tenant. Call John **905 716-7058** for details

380 COMMERCIAL SPACE FOR RENT

SELF CONTAINED STORAGE UNITS for rent, discounts available located on Industrial Park Road in Haliburton. **CALL 705-457-1224**

400 EMPLOYMENT

Several Positions needed
- General Help (Hourly Rate $25-$30) - Picking up lumber, yard work, able to work safely. PLUS looking for 2 cabinet makers (Hourly Rate$30-$35) able to read blueprints and have own tools. Please contact by email **kenpridecustom@hotmail.com** or call **647 293-7280**

THE BONNIE VIEW INN IS HIRING!!!
A historic popular resort in the Haliburton Highlands. Year round : full time or part time. Seasonal : full time or part time. Competitive wages. ***ASSISTANT MANAGER - food & beverage manager/front desk**

***KITCHEN - BREAKFAST COOK CHEF DE PARTIE APPRENTICE**

***FOOD AND BEVERAGE SERVERS**
If you are interested please contact us by email attach your resume and indicate which position you are interested in **info@bonnieviewinn.com**
We will reply with detailed information and schedule an interview

---

blackrock landscapes

Carpenters needed!

Guaranteed $5.00 per hour more then you are making now..

For inquires send resume or email response to...

info@blackrocklandscapes.ca
www.blackrocklandscapes.ca

Night Patrol
Onondaga Camp, Minden
seeks contract (May-June, September)
$25/hr

We are looking for a Night Patrol staff to supervise Camp during the evenings. Hours are from 10 pm – 6 am. Onondaga offers Night Patrol to outdoor education groups who require it when they have students on site. A Clean Criminal Record Check is required. Responsibilities include supervision of site through routine patrol, supervision of clients, collection and logging of nightly occurrences, clear communication with staff, faculty, and students. The Night Patrol will identify any issues throughout the evening; immediately notify Onondaga Staff and Faculty to ensure the safety of students, staff and site.

This is NOT a full time position
Shifts and weekly hours vary
NO ACCOMODATION PROVIDED

To protect the health and safety of our clients and employees, we have modified our normal operating policies in response to COVID-19.

If you wish to apply, please send a resume to Matt Brown/Site Manager at matt@onondagacamp.com. Please feel free to contact at (705-286-5025)

A truly Canadian summer tradition, Onondaga Camp offers an extraordinary environment for kids to play, explore, achieve and grow. Situated on the shores of Middle Bob Lake near Minden, Ontario, Onondaga inspires the best in outdoor fun, learning and adventure for girls and boys from six to 16 years old. Onondaga Camp values the diversity of people. We welcome and encourage applications from people with disabilities. Arrangements will be provided, on request, to support candidates taking part in all aspects of the selection process. All responses will be handled with strict confidence.

SIRCH community services

Summer Positions with SIRCH Community Services

SIRCH is a well-known and innovative charitable organization in Haliburton County, with a variety of services and programs, including Thrift Warehouse, Community Kitchen, and the SIRCH Bistro and Bakery. We are looking for enthusiastic, positive summer workers, ages 15 – 29 who would like to join our team in the following positions in and around Haliburton:

Thrift Warehouse Haliburton Retail Assistant
Responsibilities will include a wide variety of jobs in the receiving bay and in the store. In the bay assistants will screen and accept/decline donations, sort donated items, test electronics and small appliances, take priced items out to the store. In the store, the Assistants will help with sales and customer service, putting priced items on the shelves, helping with carry out, and cash.

Community Garden/Roadside Market Assistant
Responsibilities will include helping with the community garden (weeding, watering, harvesting), and assisting with food production (washing produce, chopping, freezing/dehydrating, assisting with cooking, clean up etc).
You may be loading produce into the mobile market, accompanying the van to various locations, set up and take down, talking with customers, cash etc.

Community Kitchen Helper
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Responsibilities will include setting up the Bistro and patio for the day ahead, cleaning tables, serving customers, clearing tables and cleaning up. You may be taking food to tables, refilling drinks, or responding to customer requests, always with a smile. And you will also assist on cash. You will also refill condiments and other supplies at tables and in serving areas, help load and unload trucks picking up or delivering food and supplies. At times, you may be asked to assist in the bakery or kitchen.

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Vivian Collings vivian@haliburtonpress.com
or
Emily Stonehouse emily@haliburtonpress.com

The Echo Haliburton County · The Times Minden Ontario · County Life

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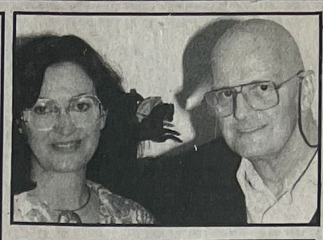
INSIDE THE ECHO

The wandering spirit of Carol and Bruce Amson has brought them to Haliburton where they will cater to other travellers at their Bed and Breakfast. For more details, see page 7.

There are only a dozen or so female helicopter pilots in Canada and one of them, Mary Ellen Pauli, is working out of the Haliburton MNR office this month. More details on page 10



The man behind the camera of hundreds of television commercials is Bill Gimme, a resident of Eagle Lake for 20 years. For more on a man among the best in his field, see our Second Section.

THE HALIBURTON COUNTY ECHO

AND MINDEN RECORDER

Vol. 106 No. 27 Wednesday, April 20, 1988 'The voice of the Highlands' 24 pages 50 cents

There was jubilation in Minden and Haliburton Sunday evening as the victorious Midgets took a ride on a fire truck to celebrate their win over Glencoe. The Midgets wrapped up the series in six games. For details, see page 6...

Midgets win all-Ontario title

Parents will press for primary school

by LEN PIZZEY
Editor

Haliburton's Home and School Association has urged the Board of Education to keep any new primary school facilities totally separate from J. Douglas Hodgson Elementary School. In a written presentation to the board's Haliburton school accomodation committee, the association said: "There is an overhwelming concensus that a separate physical structure along with separate administration, identity, and philosphy be maintained in any proposed facility for primary education."

The Home and School Association's report was prepared in response to the board's request for input from the public on how the school accomodation crisis in Haliburton should be solved.

At present, Kindergarten through Grade 2 is accomodated at Victoria Street School, but growing enrolment, as well as the physical inadequacies of the Victoria Street school, prompted the board to consider how best to meet the demand for more primary classroom space in the community.

The option the majority of trustees appear to favour is to abandon Victoria Street School and build new space at J. Douglas Hodgson Elementary School. If that course is followed, Victoria Street school could remain board property and be leased for other uses, or it could be demolished and the property sold.

From the outset of discussions, many people with an interest in Victoria Street School have opposed the propspect that the school might be abandoned. In its report to the board, the Home and School Association took a balanced approach, stressing that many parents believe Victoria Street School should be retained, but acknowledging the more likely prospect of new facilities being built at J. Douglas Hodsgon Elementary, if the necessary capital is provided by the province.

To gauge public opinion, the Association circulated questionnaires to the community. More than 194 were returned.

"Over 84 percent of those reponding wished a totally separate facility from the J. D. Hodgson School" the Association said in its report to the board. "Over 68 percent of the responses indicated they would prefer Victoria Street as the location for any primary facility. Over 87 percent of the responses were from current or potential users of the school system."

A number of concerns were voiced through the questionnaires and at two public meetings of the Association about the needs of the present and future education system.

In favour of the J. D. Hodgson site for new classroom space, the Association notes in its report, are that it would provide more space and green areas, and that it is away from traffic. However, the negative side of the arguement is much more lengthy, in the view of parents. Limitations include:

- Lack of ventilation and poor air quality;
- Lack of natural lighting;
- Lack of separate primary playground and washrooms, including the present Grade 3 students;
- The extremes in temperature within the building;
- The existence of portables was condemned.

The Association also noted that "several teachers and parents referred to education studies that have shown smaller schools have proven cost efficient and have provided a higher quality of education and community involvement than the larger, factory style approach to schools can provide."

In considering the Victoria Street School site, the Association identified a number of positive attributes. They are:

- Easy access to multiple facilities in town (the arena, library, park, firehall, Extendicare). These areas are within easy walking distance for small children, so that outings can be more spontaneous and bussing is not required;
- There is a secure, well-supervised playground that provides an ideal setting for primary children;

Please turn to page 2

IGA store best alternative for classes

by LEN PIZZEY
Editor

Faced with a pressing need for more classroom space in Minden and no immediate prospects of education ministry capital funding, the Haliburton County Board of Education appears ready to lease space at the former Dollo's IGA building for Kindergarten and Grade 1 classes.

While the decision has not formally been made, the board believes the Dollo space is its best option at present, and to explain why, a public meeting was held at Archie Stoufer elementary school last Wednesday night. More than 100 parents were on hand to listen to brief presentations by director of education Start Baker, principal McKay Brydon, business administrator Jim Bradley, and trustees Wendy Laduarntaye and Cheryl Murdoch, and to ask questions about the proposed relocation of primary classes.

Rising enrolment, combined with added space demands for special education programmes and other services in the school, have left Ar-

Please turn to page 3

Citizens organize to fight flood plain mapping of Gull

by MARTHA PERKINS
Staff Reporter

The government agencies involved in the flood plain mapping may be good at giving "half-truths", but the Residents Against Flood Tactics, RAFT, will provide a united effort to fight them.

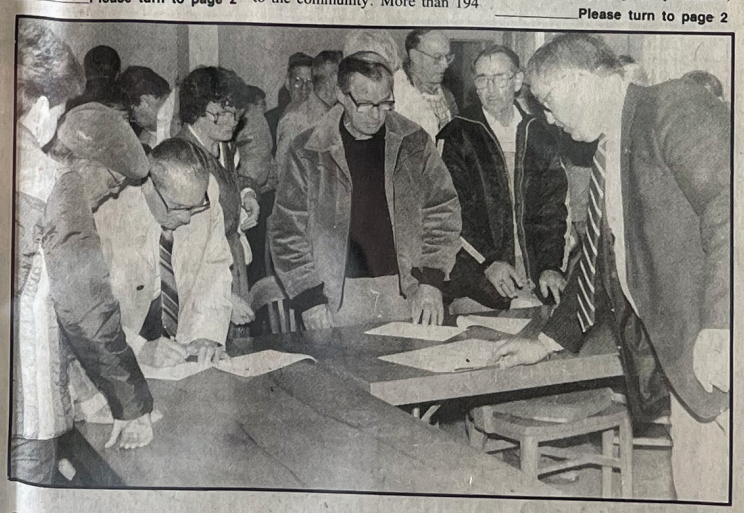
"Stand up and be accounted for," was the sentiment expressed at Saturday morning's inaugural meeting of RAFT attended by approximately 70 residents. And when a Lutterworth land owner asked whether Minden would stand behind the southern township now that the Ministry of Natural Resources has favourably changed the zoning designation for Minden, the response indicated that the whole issue will not be dropped until the "band aid" solutions are replaced by measures which really attack the problem.

It's not a fictional 100-year storm the government should be worried about, they said, it's problems within the Trent Severn Waterway which have to be addressed. In a petition to MP Bill Scott, the Minister of Municipal Affairs, John Eakins and the councils of Anson, Hindon and Minden and Lutterworth, the residents say that the solution is better control of the water flow, increased reservoir capacity at the head of the Gull River, and dredging of the river to remove the silt and debris which is gradually causing the river bank to erode. The solution is not asking them to devalue their properties "just in case" the river floods.

In past years, the government has had to spend a lot of money in compensation to people who have been flooded out of their homes. To prevent any future demands on the treasury, it wants to restrict development on flood-prone areas, one of which it considers to be lands alongside the Gull River. An engineering firm was hired through the MNR to map the area and zone it according to the high-risk areas. This mapping angered the residents who felt that not only was it inaccurate but it would discourage anyone from buying their property.

Recently, lands in Minden which

Please turn to page 2



The crowd gathered in the Minden Council chamber on Saturday morning was eager to sign the three petitions presented by Gord Monk, right, who chaired the meeting. The Gull River citizens have banded together as Residents Against Flood Tactics, RAFT, and plan to deluge the government with letters.

Wawa teacher accepts post as new principal at HHSS

A new principal has been chosen for Haliburton Highlands Secondary School.

Peter Forgrave of Wawa, Ontario, has accepted the position, replacing Andy Hemphill, whose resignation takes effect at the end of June.

Forgrave was one of four candidates interviewed by the board in their search for Hemphill's replacement.

Forgrave presently is vice principal of Michipicoten High School in Wawa. Prior to moving to Wawa he taught at Centennial Secondary School in Brampton.

Forgrave earned his B.A. in English and Psychology at the University of Waterloo, a Bachelor of Physical Education at McMaster, and a Master of Education at Brock. He has participated in curriculum writing at the Ministry level and worked locally on developing co-operative education.

Peter Forgrave is married and the father of three children, ages 13, 11 and 7. He is interested in outdoor sports and community activities.

His hiring was announced to staff at HHSS on Tuesday, and will be ratified by the board at a meeting next Tuesday.

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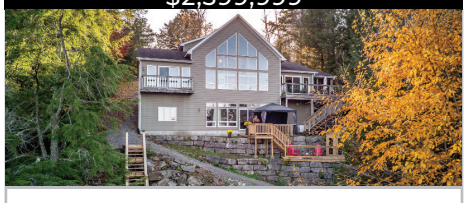

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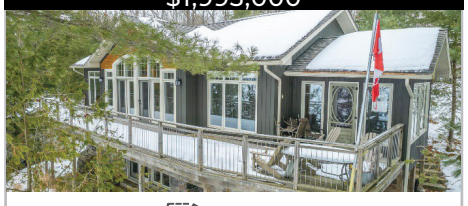

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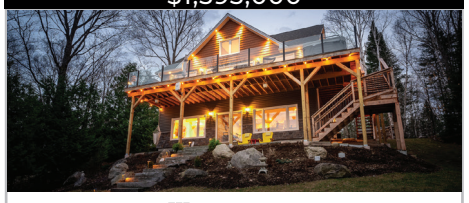

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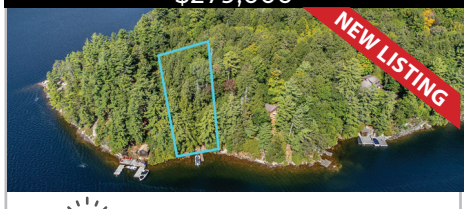

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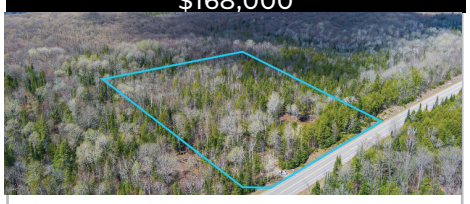

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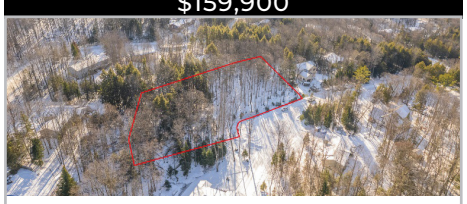

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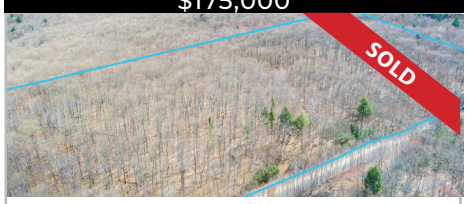

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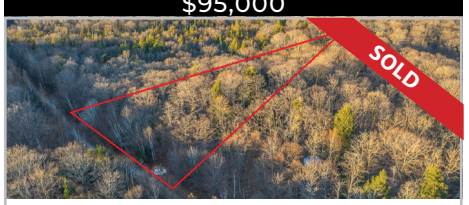

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